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Bulgur Porridge

Bulgur porridge is a nutritious and delicious dish made from bulgur wheat. It is commonly consumed as a breakfast or brunch option and is known for its high fiber content and ability to keep you full for longer. This recipe provides step-by-step instructions on how to prepare and cook the bulgur porridge, along with the recommended serving size and nutritional facts.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 300 grams

Number of Servings: 2

Serving Size: 150 g

Ingredients

100 g	Bulgur Wheat
500 ml	Water
200 ml	milk
2 tbsp	honey

1 tsp	Cinnamon
30 g	nuts (e.g. almonds, walnuts)
100 g	fruits (e.g. berries, bananas)

Directions

Step 1

Rinse the bulgur wheat under cold water.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Boiling

In a saucepan, bring water to a boil and add the rinsed bulgur wheat.

Prep Time: 0 mins

Cook Time: 15 mins

Step 3

Simmering

Reduce heat to low and simmer for 10-12 minutes until the bulgur is tender.

Prep Time: 0 mins

Cook Time: 12 mins

Step 4

Stirring

Stir in milk, honey, and cinnamon. Cook for an additional 2-3 minutes.

Prep Time: 0 mins

Cook Time: 3 mins

Step 5

Resting

Remove from heat and let it rest for a few minutes.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serving

Serve the bulgur porridge in bowls and top with nuts and fruits.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 3 g

Protein: 8 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	3 g	10.71%	12%
Cholesterol	2 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	10 mcg	66.67%	66.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	15 mg	1.5%	1.5%
Iron	6 mg	75%	33.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	300 mg	8.82%	11.54%
Zinc	6 mg	54.55%	75%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Spring Summer

Events

Game Day

Cuisines

Italian

Course

Drinks Salads Soups Snacks Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest
Passover Ramadan St. Patrick's Day Thanksgiving Christmas Easter

Meal Type

Brunch Lunch Dinner Snack Supper

Difficulty Level

Medium

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